

The Senior Edition



1996-2016: 20 Years of Celebration!

September 2016 Volume 16 Issue 9

The Town of Shrewsbury's Council on Aging (COA) mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

Spirit Of Shrewsbury Activities:

The Chart to the left lists some of the events happening throughout the month before the Fall Festival Weekend. Enjoy a fun filled month!

Saturday, September 24th:

At the Senior Center: (See pg 3!) The Lion's Club Vision-Hearing Mobile. Free and confidential screenings. Sign up is required – call the Senior Center at 508-841-8640 or in person at the Center.

At the Expo: Friends table with Basket Raffles!

Sunday, September 25th: Over 90 Tea: Will be open to all...come celebrate with your community! Refreshments and entertainment with recognition for those over 90. Flyers at Senior Center.

Also This Month (Details Inside!):

Voting: (Call the Senior Center by 9/6, 10am if you don't know your precinct or need a ride.)

Flu Shots: September 8th, 9am-Noon

AARP Course, September 15th

Big E Trip, September 19th

Lunch and Learn: Talk To Your Doctor, Part II
September 22nd

Call to sign up for events...there is plenty more to do at the Senior Center and the Community in this issue! Have a healthy month!

When	What	Where	Details
Ongoing Every Mon Wed Fri Noon, 1,4,9pm	Musical, Dancing Fountains	Dean Park pond	Colored lights at dusk Music on 91.7 FM
Starts 9/19	Scarecrows Contest & Display	Town Common	
Thurs Sept. 1, 8, 15, 22 5-8pm	Cruzzin' Dreams Car Show	Hebert Candy Mansion, 575 Hartford Tpke.	Bring back those memories! Donations Welcome!
Saturday Sept. 10 8am-2pm	"Celebrate Lake Quinsigamond Day" Wooden Boat Show	Regatta Point, Quinsig State Park, Worcester	Antique boats from 1920-1980
2-3pm	Boat Parade	same	Theme: Favorite Country
2-6pm	Boat Festival & Music	same	
5:30pm	Grand Marshal Dinner Dance Honoring Martha Gach	India Society of Worcester, 152 Main St.	Tickets: \$20 See pg 10 for more details!
Saturday, Sept. 17 7pm	"Romantic Splendor" Concert	First Cong. Church, 19 Church Rd.	Donations Welcome
Sunday, Sept. 18 Noon- 4pm	The Paw Spa Pet Festival	SAC Park, 438 Lake St.	Adopt a pet parade, "Ask A Vet", Police K9, vendors, agility course, photo booth, more!

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Friends of the Shrewsbury Senior Center, Inc.
98 Maple Avenue, Shrewsbury, MA 01545
508-841-8640



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Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please email: jfield@shrewsburyma.gov. Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

IMPORTANT!
Deadline for the
September
Newsletter
is September 13, 2016

Senior Television Shows, SPAC-TV 28

Senior Center Events (1 hour) Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm.

Seniors on the Move (30 mins) Tues. at 2:00pm, Wed. 10:00am and Fri. 11:30am, Host : Karen McKenzie.

SHINE "Medicare and More" TV) with Ed Roth at Milford TV (30 mins) Fridays at 11:30am, Saturdays at 11:30, Mondays at 4pm.

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsburyma.gov.

Fri., Sep 2nd, 10-11am: Brain Gym Smoothie: Heart Healthy Smoothies and Brain Gym. New Smoothie each month. Please call 508-841-8640 or stop by the front desk to register.

Thurs., Sep 8th, 9am-12pm: Flu Shots: Sponsored by Walgreens, come in and get your free Flu Shot! Please bring your insurance card. Have a productive day...get your shot, have lunch and go vote!

Fri., Sept 9th, 11:30am, Movie "Joy" Lunch at 11am. Joy is the wild story of a family across four generations, and centers on the girl who becomes the woman that founds a business dynasty and becomes a matriarch in her own right. Betrayal, treachery, the loss of innocence and the scars of love pave the road in this intense emotional and human comedy about becoming a true boss of family and enterprise facing a world of unforgiving commerce. Allies become adversaries and adversaries become allies, both inside and outside the family, as Joy's inner life and fierce imagination carry her through the storm she faces. (PG-13, 2hrs, 4min) Actors: Jennifer Lawrence, Robert DeNiro, Bradley Cooper. **Thank you to this month's generous anonymous donor!** Movies have limited seating. Please sign up! Reserve lunch for 11am at the Village Café for a donation of \$2.50. The movie starts promptly at 11:30.

September Free Health Screenings:

Please call to sign up

9/13 (Tues) 10am Neuropathy Workshop: Dr. Brian Maher from Shrewsbury Chiropractic will discuss sciatica and neuropathy concerns and options that may help with these conditions.

9/13 (Tues) 1-2:00pm: Hearing Screening: Peter Lee, Hearing Specialist, will run hearing tests, clean hearing aids and change batteries. See next page for the Vision -Hearing Mobile at the Senior Center on Sat, 9/24

Every Wednesday at Noon: Blood Pressure Screenings, weight checks and more with Dr. Clermont and nurse Lydia.

Fri., Sept 15th, 12:30-4pm, AARP Smart Driver Class: STAY SAFE—AND SAVE—WITH THE AARP SMART DRIVER COURSE! The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 15 million drivers learn research based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details). Take the AARP Smart Driver course at the Senior Center! The classroom course costs \$15 for AARP members and \$20 for non-members. Space is limited, so register now by calling the Senior Center at 508-841-8640.

Wed. Sept. 14th, 2:30pm Country Western Dance Lessons begin: Learn beginner level dances including waltz, Cha-Cha, and El Paso with instructor Bill Davis. A new dance is presented each week for 8 wks. Come to a FREE introductory lesson! Smooth sole shoes are recommended. Call the Senior Center for sign up.

Thurs., Sept 15th: Legal Clinic: Meet with an elder law attorney one on one for a half hour to review your legal questions/issues. Advance signup is required, call the Senior Center to register. Next date will be in October 18th.

Thurs., Sep 15th, 2-8pm: Blood Drive One pint of blood can help to save up to 3 lives! Every 2 seconds someone needs a blood transfusion. Adults of any age can donate. Call the Red Cross at 1-800-GIVE-LIFE.



Fri., Sep 16th, 10-11AM Ageless Grace® Join us for the exercise program Ageless Grace®! Learn the 21 Simple Tools that nearly anyone can do which assist in lifelong comfort and ease as they are designed to be done in a chair. These movement sequences focus on the healthy longevity of the body, mind, emotions and spirit. Each tool focuses on a different anti-aging technique (i.e. joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic simulation, balance, confidence and playfulness). The tools promote the 3 R's – Respond, Recover and React! This class will meet on the 3rd Friday of every month. Please sign up at the desk or call 508-841-8640.

Mon., Sep 19th, 12-3pm Chair Massage: Tense, achy muscles? Loosen up and come enjoy a relaxing chair massage with Massage Therapist Kathie! Rates are \$1 per minute. 5, 10 or 15 minute massages are available. Call to sign up!



Mon., Sep 19th, 10:00-11, Senator Moore Office hours: Senator Michael Moore or a representative from his office, will hold office hours at the Senior Center to meet with constituents on a first come, first serve basis. No appointment necessary.

Mon., Sep 19th: Day Trip to the Big E: The Senior Center will once again offer to drive people to the Big E in Springfield for one of their Senior Days! \$15 covers cost of van driver, parking, tolls. You will be responsible for the \$12 entrance ticket and any delicious food or numerous things you may choose to purchase! Call to sign up!

Tues., Sep 20th, 1pm, Friends Program: Come and join the Friends as we begin the new year with a **Celebration of Song presented by John Root.** His program features the best-loved songs of the first five decades of the twentieth century. Everyone is invited to sing along and requests for favorite selections are welcome. Bring a friend (or come make a new one!) and enjoy an afternoon of music, friendship and refreshments.

Wed., Sep 21st, 10am, NEW Scrabble Group: A new Scrabble group for all levels begins 9/21 from 10am-12:30pm. Please sign up at the desk or call 508-841-8640. Please note we will break at 11:30 am for lunch and resume at 12 pm. Bring your lunch or purchase one at the Village Cafe (suggested donation \$2.50) by calling 48 hours in advance.

Thurs., Sep 22nd, 12pm: Lunch & Learn with Dr. C: This monthly talk will feature Dr. Clermont and/or guests who will discuss timely health topics to help give you the information you need to be a savvy health consumer. Bring your own lunch or buy lunch at the Village Café for the suggested donation of \$2.50. Today's lunch will be Macaroni and Cheese. (If you want lunch from the Café, kindly call 508-841-8757 to make your reservation by Aug. 20th) The talk will follow at noon. This month's talk will be Part II of Dr. C's popular topic "How To Talk To Your Doctor". Learn the difference between a wellness and "sick" visit and what you doctor needs to hear from you to make the most of your visit. Miss Part I? No worries! Please call to reserve your seat for the talk so there will be enough hand outs, folders will also be provided for attendees.

Spirit Of Shrewsbury At the Senior Center:

Saturday, September 24th, 9am-noon: The Lion's Club Vision-Hearing Mobile This specialized van is equipped to do both hearing and vision testing. Specialists will be available to discuss the findings. This is all free and confidential. Sign up is required – call the Senior Center at 508-841-8640 or in person at the Center.

Sunday, September 25th: Over 90 Tea (immediately after Parade): This annual event will be open to all...come celebrate with your community! Refreshments and entertainment with recognition for those 90 and over. Invites are being sent to residents who are 90+, flyers are at Senior Center. Please RSVP and Join us!

Thurs., Sep 29th, 2pm Book Chat: For this month's Discussion please read *Moloka'i* by Alan Brennert. Copies are available at the NEW Shrewsbury Public Library's Circulation desk.



Men's Club Speakers For September: No Club: 9/1 and 9/8 (Primary Voting)

9/15: Representative Hannah Kane

9/22: Town Manager Daniel J. Morgado

9/29: Outreach Coordinator Walter Rice, LCSW

Help on Newsletter Mailing Day!



Free Coffee, Donuts and Muffins to help us stick the mailing labels on The Senior Edition Newsletter. Mailing date for the **October Issue is FRIDAY, September 30th at 8:30am.** Join a fun two hours!

CARES Column

*(Consumer Awareness and Resources for Elders in Shrewsbury)
By Dave Grillo, CARES Coordinator*

Opportunities abound to protect ourselves as consumers. The Senior Edition, this publication of your Shrewsbury Council on Aging, is a great starting point. By reading it each month cover to cover, you might find an offering that addresses a concern of yours. Legal problem? Schedule a free session with the legal clinic's attorney. Health issue? Check out the free monthly health events. Meet with Walter Rice for a host of issues related to your financial, physical and emotional needs. Contact me if you are unsure of a solicitation or for other consumer-related questions. While participating in one (or several) of the activities at the Senior Center, ask fellow seniors about their experiences with service providers such as doctors, physical therapists, home repair and improvement contractors, auto repair facilities, insurers, etc. If the help you need is not available at the Senior Center, still ask for guidance as to where to find it. Your Senior Center is a resourceful place.

Other resources? Elder Services of Worcester Area, Inc. (508-756-1545; eswa.org) attempts to "help elders so [they] can remain in their home with dignity and independence for as long as possible". Their mission is to meet the needs of seniors dealing with physical, emotional and financial concerns. H.O.M.E. (978-970-0012; elderhomeowners.org) helps low- to moderate-income elder homeowners find solutions so they can remain living in their homes when challenged by their finances. Community Legal Aid (508-752-3718; livejustice.org) "is a nonprofit provider of civil legal services to low-income and elderly households in Worcester County." (The term "households" means anyone, not just homeowners). When the Shrewsbury Public Library reopens, become familiar with the consumer resources available there. Contact SELCO, Shrewsbury's municipal utility, for a free energy audit to learn inexpensive ways to save energy in your home. Get help and even file a complaint about a defective product or a negligent service provider by contacting the attorney general's Worcester office (508-792-7600). The office of the secretary of state (800-392-6090; sec.state.ma.us) can help investors determine if a financial advisor or broker is registered to do business in Massachusetts and can intervene if a complaint exists. Citizen information on voting, state regulations and many other topics can be found on the website. The Savvy Senior (savvysenior.org) and Consumer World (consumerworld.org) websites are consumer-centric and resource-laden. Take advantage of **your** resources.

Always talk to trusted family members or friends before making financial decisions you are unsure about!

Volunteer Opportunities

**By Stacey Lavelly
Volunteer Coordinator
508-841-8758**

September Volunteer Opportunities

Bridges "Our Stories" Intergenerational Program: Starting in October at the new library, this 6 week program will focus on storytelling and doing an activity with Pre-K to 3rd graders using picture books from different eras. Volunteers are needed to collaborate with small groups of the children.

Senior Greeters 2016- 2017 School Year: The Shrewsbury High School Greeter program is in need of dependable, flexible greeters for the 2016-17 school year. No computer experience necessary but a friendly demeanor is!

Meals On Wheels Drivers: We are seeking a few drivers to deliver meals to homebound seniors. If you have one morning a week we would love to hear from you! Shifts are available Monday through Friday. Start at 9:15am and done by noon. Gas stipend available.



New Classes at Senior Center: Please let me know if you are interested in leading a class or group at the Shrewsbury Senior Center. We are always looking for new offerings so if you have a hobby, passion or experience you would like to share with others, please get in touch with me. I am here Mondays, Tuesdays and Thursdays from 9-3pm. Please call for an interview, I'd love to hear from you!

St Mary's Family Festival: Looking for volunteers for Family Festival weekend September 16-18. The festival is almost here! This year you have to register online. If you do not have access to a computer feel free to come to the Senior Center. We can help you with the process or email: stmarysfamilyfestival@gmail.com.

Please call or email me at volunteerjobs@gmail.com if you are interested in any of these opportunities. New volunteer opportunities come in all the time. If you do not see something you are interested in here, call me and we can discuss other options.



Lost and Found: Last Call!

If you are missing a jacket, sweater, keys or other item, it may be at the Senior Center! There are many things that have been left behind since the year began, including numerous things in the coat room and quite a few key rings, including car keys! Please inquire at the COA office. Any clothing not claimed will be donated to a local charity later this month to help those before the cold weather arrives!

Words From The Friends

Have you joined the Friends yet? If you are already a member, have you renewed your membership for the current year? The July 1-June 30 membership year has begun and we want you to be a part of this funding-raising group.

The purpose of the Friends is to provide funds for programs, social services for Shrewsbury seniors and to purchase non-budgeted items for the Senior Center,. Membership dues is an important part of our fundraising as well as grants, donations (gifts) and special events—raffles, fleas markets, etc,

To meet the growing needs of Shrewsbury seniors and the Senior Center, the Friends are looking for “Friends” who are interested in taking an active part in the organization including fund-raising. All community members are welcomed to help the Friends meet their goals. If you are interested, or want more information, please call Susan Shaw at 508 523-4346 or email her at susangshaw0@gmail.com.

We continue to look for a recording secretary for the Friends Board and for people who are interested in serving on our newly expanded Board of Directors.

The basket raffle is coming! The baskets will be on display at the **Spirit of Shrewsbury Expo on Saturday, September 24**. Be sure to stop by the Friends booth to say “hello” and for your first look and chance to buy tickets.

Sponsorship Opportunities: The Friends Inc., are seeking individuals and others to sponsor the Newsletter, Activities, Speakers and Monthly Movies! Cost to sponsor a movie is \$80, which covers the DVD purchase and refreshments. Sponsorship will be recognized unless otherwise requested. This will assure continuation of a social and entertaining Friday afternoon once a month. Call the Senior Center with questions or to schedule your sponsorship. Remember, you are welcome to **borrow the free DVD movies** from the large collection at the Senior Center at any time! ***Thank you to this month's movie sponsor who wished to remain anonymous. Your generosity is greatly appreciated!***

Attention Non-Shrewsbury Residents!

Mailing outside of Shrewsbury affects our Bulk mailing rate. If you want to receive this newsletter and you don't live in own, the cost of mailing of the Senior Edition newsletter is now \$10 per year to help defray these costs. Please send your request and payment to:

Shrewsbury Senior Center
98 Maple Avenue
Shrewsbury MA 01545

or drop it off on your next visit to the center. Thank You!

Membership year is July 1, 2016 - June 30, 2017.

Please check off box or boxes that applies!

Enclosed are:

- () \$10.00 Individual Membership
() \$20.00 Couples Membership
() \$_____ Additional Donation

Name-----

Address-----

City, Zip-----

Phone#-(-----)-----

Email Address -----


Make Checks payable to:

FSSC, Inc.

98 Maple Avenue, Shrewsbury, MA 01545

Thank You for your continued support!

September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-11:30 Roger's Coffee Shop 11:00-1:00 SSC Club (Bingo) 11:30 Whist 1:00-2:00 Senior Challenge 2:00-3:30 Current Events	8:00-9:00 Tai Chai (9/20 start) 9:00 Walking Club 9:00 Bocce (outside court) 9:00-12 Piano Lessons 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 9-11:30 Independent Artists 10:20 Belly Dancing 12-1:30 Art is 4 every 1 12-4:00 Duplicate Bridge 1:45-3:15 AiE1 Art class w/Elaine 2:00 Men's Billiards	8:30-9:15 Tai Chai (9/21) 9:00 -11:30 Rogers Coffee shop 9:30-10:30 Complete Workout** 10-12:30 Scrabble Gp (9/21) 11:00 Yoga (Peet Led) 12:00-1:00 BP/Weight Scr. 12:30 Bridge 1:00-2:00 Mindfulness Meditation 1:00-2:00 Pilates 1:00-3:30 Whist 2:30-3:30 Country/Western Dance Lessons (9/14 start)	9:00 Bocce (outside court) 9:00-11:30 Roger's Coffee Shop 9:00-11 Friends Men Club 10:30-11:30 & 12:00-1:00 Open/Mic 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards	9:00-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 10:00-11:00 Men's Support Group 12:30 -1:30 Senior Challenge (Fitness) 1:00 -3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors
**Parks and Recreation Activities Participants must register at the Parks Dept. 508-841-8503				
The entrée at the Village Café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757. All reservations must be made by noon (2) business days in advance. A meal donation of \$2.50 would be appreciated. For a full menu please see the Senior Center kitchen or front desk. MOW—Meals on Wheels entrée only.				
PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up.				
5 LABOR DAY Senior Center is CLOSED today	6 Greek Chicken Broccoli Yogurt	7 Foxwoods Trip—Men's Friends Club	8 No Men's Club Meeting (Election Day) 9:00-12:00 Flu Shot Clinic Hot Dog Bar	9 10:00-11:00 Men's Support Group 11:30 Movie & Lunch No Senior Challenge Breaded Fish Carrots Mandarin Oranges
1 No Men's Club Meeting Labor Day Meal BBQ Chicken Country Blend Vegetables Strawberry Shortcake				
2  10:00-11:00 Brain Gym Smoothie workshop 10:00-11:00 Men's Support Group Cheese/Spinach Omelet Mixed vegetables fruit cocktail				

12	<p>Beef Stew Corn Niblets</p>	<p>13 10:00-11:00 Neuropathy Workshop 1:00-2:00 Hearing Screening</p> <p>Vegetable Cheese Bake Roman Vegetables</p>	<p>14 2:30-3:30 Country/Western Dance Lesson (free introductory lesson)</p> <p>Chicken Murphy Beets</p>	<p>15 9:00-11:00 Men's Club Speaker: Ms. Hannah Kane, State Rep. 9:00-12:00 Legal Clinic 12:30-3:30 AARP Driving Course 2:00-8:00 Blood Drive</p> <p>Salisbury Steak Peas & Carrots</p>	<p>16 10:00-11:00 Ageless Grace 10:00-11:00 Men's Support Group</p> <p>Spaghetti & Meatballs Green Beans</p>
19	<p>10:00-11:00 Michael Moore Office Hours 12:00-3:00 Chair Massage Big E Van Trip</p> <p>Chicken Sausage Jambalaya Green Peas</p>	<p>20 8:00-9:00 Beginner Tai Chi Starts 1:00-2:00 Monthly Friends Program—Celebration of Song</p> <p>Meatballs w/Onion Gravy Scandinavian Vegetables Pineapple</p>	<p>21 8:30-9:15 Advanced Tai Chi Starts 10:00-12:30 Scrabble Starts</p> <p>Pork Chow Mein Oriental Blend Vegetables</p>	<p>22 9:00-11:00 Men's Club Speaker: Mr. Daniel Morgado, Town Manager 12:00-1:00 Lunch and Learn Part 2: "How to talk to your Doctor"</p> <p>Macaroni & Cheese Green Beans Birthday Cake</p>	<p>23 10:00-11:00 Men's Support Group</p> <p>Fish w/Crumb Topping Brussel Sprouts Tapioca Pudding</p>
26	<p>Hot Dog on Bun Cold Potato Salad Peaches</p>	<p>27</p> <p>Salmon Boat w/ Dill Sauce Peas & Pearl Onions Cookie</p>	<p>28 10:00-12:30 Scrabble</p> <p>Chicken Primavera Spinach Apple Streusel Cake</p>	<p>29 9:00-11:00 Mens Club Speaker: Walter P. Rice, LCSW, Senior Center Outreach 2:00-3:00 Book Club Discussion <i>Moloka'i</i></p> <p>Beef Mediterranean Mixed Vegetables Pineapple</p>	<p>30 10:00-11:00 Men's Support Group Newsletter Mailing</p> <p>Lasagna Broccoli Carrots Fresh Fruit</p>



Weekend! 9/24 & 9/25!

**THE DOCTOR IS IN:
with Dr. Harvey Clermont, "Dr. C"**



Seniors and Driving— One of the many "senior worries" is transportation; the ability to freely and independently move from place to place. The privilege of driving a car is treated as a right as we reach retirement age. Many of us, however, experience a natural deterioration of physical & mental skills that may affect our driving ability. These include: loss of clarity in vision and hearing, a decrease in muscle strength and flexibility, a slowing of response time, and a reduction in ability to focus, and intermittent drowsiness/dizziness due to medications,

Signs of decline in driving may include:

1. Driving at inappropriate speeds (too fast/slow)
2. Asking passengers if it is clear to pass/turn
3. Ignoring/misinterpreting street/traffic signs
4. Failing to judge distances between cars
5. Becoming easily frustrated or angry
6. Having difficulty with glare
7. Having difficulty turning their heads
8. Getting lost repeatedly
9. Having multiple "near misses"
10. Repeatedly losing their keys and glasses
11. Ignoring signs of mechanical problems

One of our medical projects this year is to focus on driving safety for seniors. Insurers are trying to lengthen the time between annual physical exams. Medicare will cover these exams and you need to insist on them. Medications need to be reviewed, renewed or altered if side effects are present. Vision needs to be checked and corrected annually as well. Your car has annual inspections, but do you utilize all the safety features to the maximum?

We have joined the Car-it program; an educational forum to point out all safety features and how to take advantage. When you see this event publicized, take the free opportunity to learn and decrease your risk while driving. AARP offers a "Smart Driver" course for a small fee. See page 2 for the Sept. 15th offering at the Senior Center.

Dr. Harvey Clermont is a longtime volunteer at the Shrewsbury Senior Center and Friends of the Shrewsbury Senior Center, Inc. Vice President

**Would You Like To Participate
In The Research Of Aging?**

The Lifespan Laboratory at Worcester State University, directed by Dr. Nicole Rosa is currently looking for seniors between the ages of 60-90 to volunteer as research participants for various psychological studies. You must have at least a 10th grade education and be fluent in English to participate. Studies take 1-2 hours to complete and participants will receive an Amazon Gift Card valued between \$10-\$25. To learn more, flyers are available at the Senior Center. You can also contact Dr. Rosa at 508-929-8761 or nrosa@worchester.edu.

News from SHINE

(Serving Health Information Needs of Everyone!)

Ed Roth, Regional SHINE Coordinator

Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by **the end of September**. It is important to understand and save this information because it explains the changes in your plan for 2017 including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period, taking place from October 15th - December 7th. You will have a chance to CHANGE your plan for next year. A SHINE Counselor can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!



Trained SHINE volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for a SHINE appointment with volunteer Mahesh Reshamwala. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs. We also have a link to our very informative cable TV program Medicare and More.

Trained SHINE counselors can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the senior center and ask for a SHINE appointment. Or call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Leave your name and number so a volunteer will call you back. You can now visit us on the internet at www.shinema.org.



**Outreach Coordinator
Walter Rice, LCSW,
Set up an appointment
at 508-841-8647**

Fuel Assistance News: If you have received Fuel Assistance in the past, you should have received your re-certification paperwork in the mail. However, if you need assistance, or even would like to come in to do all the photocopying that is often required, the Senior Center is here to help. During last fiscal year's cycle, 278 clients were served in Shrewsbury with a total of \$163,239.41 distributed in Fuel Assistance! Do you qualify? Income limits are \$34,001 for a single person household, \$44,463 for two. New applications will start in November.

Short Term 1-1 Emotional Support: Are you feeling overwhelmed, stressed or sad? Walter can meet with you at the Senior Center or at your home for your convenience to listen non-judgmentally and possibly provide new options and choices to help you to address your issue(s) to get you "un-stuck"!

Small Home Repair Program (SHRP): The SHRP recently celebrated its 7th Anniversary! This program has already helped with 522 repairs since it began! PLEASE don't try to take on difficult tasks yourself, no matter how small! Keep this helpful program in mind for all other small repairs that can be done. Do you need light bulbs changed, unsafe steps, stairs, railings repaired or other things, such as installing grab bars or other assistance adaptations?? Being safe in your home is important. Call and explore the options that are available.

All information shared in Outreach is Confidential! If you have a friend or love one in need, please let Outreach...Reach Out!

**Only 3 Weeks Left!
Shrewsbury's Farmer's
Market:**

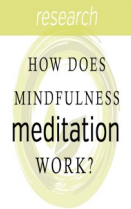
**Wednesdays: Sep. 7, 14, 21:
2-6:30pm,**

Ski Ward Area, 1000 Main St



Get fresh and local fruits, veggies, micro and Asian produce, herbs, eggs, flowers, honey, syrup, cheese and meats. Home made pickles, sauces, cookies, fudge, artisan breads, jams, jellies and wine. Hand crafted soap and skincare. Held rain or shine! Visit www.shrewsburyfarmersmarket.com for more! Flyers also available at the Senior Center. Sponsored by State Representative Hannah Kane, Wheelabrator Shrewsbury, SELCO, Chief Joseph Tarkanian and Greendale Physical Therapy.

Mindfulness Meditation Classes: Classes are on Wednesdays from 1:00pm to 2:00pm. The focus of this FREE group class is to help reduce stress & anxiety that may be happening in your life. If you have questions or would like to learn more about this growing group, call Walter.



REIKI: Many people find the light, hands-on practice of Reiki helps them in many ways. **Walter Rice is a Reiki Master** and can provide this gentle healing technique. Call him if you would like to make an appointment for a FREE half hour session or to learn more.

Men's Support Group : Every Friday 10-11am, This is a **Confidential** group with the purpose to provide support regarding issues related to: Death of Spouse, Grief, Sadness, Loss, Loneliness, Marital Separation, and Divorce. Facilitator is Walter Rice, Outreach Coordinator. Please contact him for more information.

Happy 9th Birthday to the TRIAD!

The TRIAD recently celebrated its 9th full year in existence. This wonderful collaboration between the Outreach of the COA, Fire, Police, Emergency Services and other town departments meets weekly to review and address senior issues in Shrewsbury.

The Rainbow Lunch Club

The Rainbow Lunch Club, sponsored by WLEN (Worcester LGBT Elder Network) offers LGBTIQA



seniors a safe place to socialize, make friends and enjoy educational programs with their peers on the 2nd and 4th Wednesday of each month. The club meets at the Unitarian Universalist Church, 90 Holden St, Worcester. This month's gatherings will be on **September 14th and 28th**. For reservations: contact WLEN the week before at 508-756-1545, ext 404, or e-mail wlen@eswa.org. Brochures are also available at the Senior Center or by mail, or learn more on the website: www.meetup.com/Rainbow-Lunch-Club.

For more detailed information you can find brochures in the Senior Center Travel Stand

Bucket List Travelers (formerly Seniors On The Go): Contact, Dave Stevens at davemts@chcharter.net, 508-869-6830 or visit website: www.bltofma.com.

Bucket List Travelers and a representative from Collette Travel will hold an Informational Presentation on **September 19th at 2:30 PM** at the Senior Center to provide a video program with details about two new adventures in 2017 – “Spotlight Tour of San Antonio, TX” and “Alaska Discovery – Land & Cruise”. There is no obligation to register for these trips, simply come to learn the details and how you can save money when you book early. There will be an Attendance Prize drawing. Please RSVP to Dave Stevens at 508-869-6830.

Pick-ups for all events are in Shrewsbury. Check our web site at www.bltofma.com

The Happy Travelers: Bus trips for the over 50 traveler. Driver gratuity & cancellation waiver fee included in all of our day trips. Call Gladys Merrow at 508-835-4312 or e-mail: glady2@verizon.net.

Oct 15 (Sat) Edith Wharton & Norman Rockwell with lunch (7 seats available) \$109.00

Dec 11 (Sun) Stocking Stuffer Tour & Bright Nights Christmas Lights (well into our second bus) \$99.00

2017 Trips:

Mar 17 (Fri) A Mystery Tour to a New England city with 2 attractions & lunch \$89.00

Apr 8 (Sat) the Broadway Show “ONCE” at the Palace Theater, Waterbury, CT \$139.00

May 13 (Sat) Albany, N.Y. Tulip Festival \$TBA

Bob Zinkus 2016 Trips: 508-757-1210 or zworchester@verizon.net, Checks to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604. All trips leave from Our Lady of Loreto Church, 33 Massasoit Road, Worcester.

Sep 8: Foxwoods Casino: Receive \$10 slot play, buffet voucher, prizes on bus: \$25

Sep 20 - New Hampshire Turkey Train - Afternoon ride along the Lake - luncheon on the train provided by Hart's Turkey Farm Restaurant. Local sightseeing after the train ride: \$81

Sep 28 - 30 - Niagara Falls & Erie Canal Spectacular - Two nights at the Country Inn & Suites in Niagara Falls. Tour Niagara with a native Canadian guide. Two dinners and two breakfasts included with one dinner atop the Skylon Revolving Restaurant. Enjoy a narrated cruise on the Erie Canal in Lockport, New York. Valid passport or passport card required for entry into Canada: \$389 pp (dbl)

Oct 5: “My Mother’s Italian, My Father’s Jewish and I’m in Therapy”: Comedy play at Foxwoods. Buffet Voucher, \$10 slot play after the show. \$81

Trip to Foxwoods Casino, Wed, Sep 7th, 8:00am with the Men’s Friends Club. Depart at Shrewsbury Senior Center. Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. Parking spaces at the Senior Center are limited so please car pool.



Friends of the Worcester Senior Center: Contact Shirley White: 508-792-2948:

Casinos:

Sep 19: (Mon) Mohegan Sun 8:30-5pm: \$20, **Oct 7, Oct 25:**, Foxwoods, 8:30-5pm, \$20 each

Foliage Tours:

Oct 5: (Wed) Vermont Country Store, Castle Hill Resort for lunch, glassblowers, pottery: \$88

Oct 11: (Tues) Quabbin Reservoir guided tour, Salem Cross for lunch, orchard and farm stand: \$65.

More Community Events!

Fellowship Table: Sep 25th, 10am at Dean Park: Mount Olivet is hosting its **Fellowship Table**, a community pot-luck brunch and worship service hosted by Mount Olivet Lutheran Church. This month will feature a guest speaker. The brunch is being held at Dean Park’s North Pavilion in Shrewsbury at 10am on Sunday, Sep 25th. **All are welcome!** Brunch will be provided by members of the church, and there is no charge. Won’t you join us in the park for food and fellowship before the Parade? For more information contact Holly Pavlak at Mount Olivet: 508-842-2731, or email: hjpavlak@aol.com.

GRAND MARSHAL DINNER DANCE HONORING MARTHA GACH Sat, September 10th, 5:30pm at the India Society of Worcester, 152 Main St., Shrewsbury. Every year a Grand Marshal is chosen to “kick off” the parade for the Spirit of Shrewsbury Fall Festival. This being the 20th anniversary of the Festival, the community will gather together at a dinner dance event to honor the 2016 Grand Marshal, Martha Gach. A buffet dinner will be served and a cash bar available. Music and award presentations will be made. Cocktails at 5:30 pm; Dinner at 6:30 pm. The host for the evening will be Capt. Sean Lawlor of the Shrewsbury Fire Department. Cost is \$20 per person and tickets are available at the Senior Center, Parks & Recreation, Maria Smith, (Maria Smith Realty, 415 Boston Turnpike, Suite 308 B, (508) 845-9974) and Suresh Gupta (6 Meadowbrook Circle, Shrewsbury) (508)842-4919. Organized by the Spirit of Shrewsbury Fall Festival.



Shrewsbury Senior Men's Club

Thursdays, 9-10:30am

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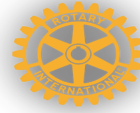
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Odds and Ends: Did You Know?

-The Senior Center has an **Organ**...call if you'd like to make arrangements to play!

-There are hundreds of **Videos** at the Senior Center, come sign a few out to watch!

-Like **Puzzles**? We've got lots! Come and bring some home to make and keep your mind agile!

-Wish you had a nice **Patio** to sit at on a nice day? You do! Grab a cushion from the hall way and enjoy our peaceful patio chairs.

-Avid reader? Take a book, trade a book, we've got **Books**!

-This month features "**Senior Days**" at many local museums sponsored by Tufts (you do not need to be a member) Flyers available at the Senior Center.

Save The Dates:

Wed., Oct. 5th Noon-1pm Legis-
lative Office Hours with Repre-
sentative Hannah Kane at the
Senior Center. No appointment
necessary. Your state rep is here
for you and whatever concerns you
might have!

Fall Clean Up! Yard Waste Dates:

Oct 17-21

Oct 31-Nov 4

Nov 14-Nov 18

Nov 28-Dec 2

Publications Available At The Senior Center:

WISE Fall 2016 Course Catalog: Another great offering of courses at Assumption College's Worcester Institute for Senior Education. Courses start 9/6. Call 508-767-7513 or visit www.assumption.edu/wise or view the Senior Center's Reference Copy.

2016 Guide to Private Home Care Services in Central and Western MA:

This 29 page reference booklet is available at the Senior Center.

2016 MA Home Health Resource Directory: This 306 page informative reference guide is available at the Senior Center. There are four tabs: Information, City, Agencies and Allied/Individuals.

2016 Assisted Living Resource Guide: This 280 page reference guide is available at the Senior Center.
Summer/Fall 2016 Guide to Senior Living and Care:

These 34 page booklets are made by New LifeStyles: the Source for Senior Living. There are plenty available at the Senior Center. Come pick one up or call to have them mailed.



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